

### **Abstract of the Disclosure**

The invention relates to a method of cooling a stream of gaseous liquid. The inventive method comprises the following steps: a) the stream of liquid is confined; b) during step (a), liquid nitrogen is sprayed into the stream in order to cool the gaseous liquid; and c) the cooled gaseous liquid is recovered. In addition, another step (step d) is performed before step (b) and, during said step, the gaseous liquid is slowed down by increasing the section of the stream. According to the invention, when articles are being cooled, the gaseous liquid recovered during step (c) is sent to said articles.